



# NMserver Times

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## Inside this issue:

Winter Safety	2
The Tewa Shootout	3
Just for fun	3



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**Do you have an idea or special event that you would like to add to our newsletter? We would like to know.**

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## CDC Expands Efforts in Haiti Earthquake Response

While CDC expands its public health response to the devastating earthquake in Haiti, we are ever mindful of the extraordinary loss of life and pain and suffering of an entire nation.

CDC activated its Emergency Response Center immediately following the earthquake to help assess public health needs, outline health risks, and offer disease and injury prevention recommendations. CDC is working to support surveillance and help address specific issues such as food and water safety and the prevention and treatment of infectious disease.

CDC's current response activities include supporting the United States Agency for International Development (USAID) and the World Health Organization (WHO) and coordinating closely with international and national governmental organizations and non-governmental organizations (e.g., International Red Cross, Word Food Program, UNICEF, CARE).

### CDC Haiti Deployments

CDC staff deployed for the earthquake response includes specialists in epidemiology, veterinary medicine, environmental health, and infectious diseases who include

physicians, public health advisors, sanitarians, and nurses.

### Moving Forward

The Haiti earthquake response is an urgent priority. CDC will continue to support the people of Haiti and others affected by this tragedy.

CDC public health information on earthquakes and updated information about our response to the Haiti earthquake are posted at.

<http://emergency.cdc.gov/disasters/earthquakes/>.



# Winter Weather Safety



"Many countries are now experiencing the benefits to be gained when individuals are provided the necessary means to undertake voluntary action in their own communities."

*\_Ad de Raad\_*

*Executive Coordinator*

*United Nations  
Volunteers*

## What to do if you get stranded

Staying in your vehicle when stranded is often the safest choice if winter storms create poor visibility or if roadways are ice covered. These steps will increase your safety when stranded:

- Tie brightly colored cloth to the antenna as a signal to rescuers and raise the hood of the car (if it is not snowing).
- Move anything you need from the trunk into the passenger area.
- Wrap your entire body, including your head, in extra clothing, blankets, or newspapers.
- Stay awake. You will be less vulnerable to cold-related health problems.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe — this will reduce the risk of carbon monoxide poisoning.
- As you sit, keep moving your arms and legs to improve your circulation and stay warmer.
- Do not eat unmelted snow because it will lower your body temperature.
- Huddle with other people for warmth.

## Prepare your car for winter

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary, replace tires with all-weather or snow tires.

- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.
- Keep a winter emergency kit in your car in case you become stranded. Include:
  - ◇ *blankets;*
  - ◇ *food and water;*
  - ◇ *booster cables, flares, tire pump, and a bag of sand or cat litter (for traction);*
  - ◇ *Compass and maps;*
  - ◇ *Flashlight, battery-powered radio, and extra batteries;*
  - ◇ *First-aid kit; and*
  - ◇ *Plastic bags (for sanitation).*

## Wind Chill

The wind chill index is the temperature your body feels when the air temperature is combined



with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool.

-cdc.gov-

# The Tewa Shootout

It wasn't an Old West shootout, but an exercise in prevention against the H1N1 flu. The immunization "shootout" was staffed by many volunteers from Santa Clara Pueblo, all of whom had been trained in the Incident Command System (ICS). Also involved were volunteers from NMserve and the Indian Health Service, NM Public Health Division Region II, NM Department of Homeland Security, Rio Arriba County, Chimayo Community Emergency Response Team, Department of Health-Bureau of Health Emergency Management and the Española EMS. The "just in time" mass vaccination clinic for members of the Pueblo and others who hadn't already received immunizations for the H1N1 Flu. Some seasonal influenza vaccine was available to those who hadn't received it.



Governor Walter Dasher of Santa Clara Pueblo said in his introduction to the assembled volunteers, health workers and command staff, that this was Santa Clara's way of standing forward to protect members of the Pueblo against the flu. Incident Commander Joe Baca, Tribal member and his staff were well poised to meet the objectives of this effort and had an excellent hot wash following the close of the exercise. Kelly Zunie, head evaluator, reported that the Pueblo was to be congratulated on a job very well done with only minor improvements to make.

*-Joan Murphy, NMDOH*

"As we give of our time, talents and resources to tend the needs of the sick, offer food to the hungry and teach the dependent to stand on their own, we enrich ourselves spiritually beyond our ability to comprehend."

*-Joseph B. Wirthlin  
(1924)*

*Religious Leader for  
the Church of Latter  
Day Saints*

## Just for Fun - Presidents Day

Word list hidden in the diagram of letters. Seek them by reading forward, backward, up, down, and diagonally, always in a straight line.

H G I L I N C O L N K M S Y  
 Z L I N O D F F G N C A A A  
 H Q W X B A E S O E E D M D  
 I W R T B B Y T L W I R Y H  
 S S F G R H G E Z L F H K T  
 T X V U N N B A O V N J R R  
 O E A U I R Q H T S B H U I  
 R R J H A P L G T N P E A B  
 Y M S T O A B R A H A M S R  
 I A E G R O E G T L A Y O Z  
 W M R E W D N A C I R E M A  
 K X D B E D I S H C T R L P  
 S E N P R E S I D E N T S D  
 F T R O E C N A V R E S B O

- Abraham
- American
- Birthday
- Celebrate
- February
- Federal Holiday
- George
- History
- Lincoln
- Observance
- Presidents
- Washington



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